

# VITAL SIGNS



VOL V No. 9 Naval Regional Medical Center, Orlando, Florida

1 July 1982

4 July 1982 -

Our country's 206th birthday

## A M E R I C A



My country, 'tis of thee  
Sweet land of liberty,  
Of thee I sing;  
Land where my fathers died,  
Land of the pilgrim's pride,  
From every mountain side  
Let freedom ring.

My native country, thee,  
Land of the noble free,  
Thy name I love;  
I love thy rocks and rills,  
Thy woods and templed hills;  
My heart with rapture thrills  
Like that above.

Let music swell the breeze,  
And ring from all the trees  
Sweet freedom's song;  
Let moral tongues awake;  
Let all that breathe partake;  
Let rocks their silence break,  
The sound prolong.

Our fathers' God, to thee  
Author of liberty,  
To thee we sing;  
Long may our land be bright  
With freedom's holy light;  
Protect us by thy might,  
Great God, our King.



## Whoooizzit? #1



Do you know this staff member? See Page 8.

## Whoooizzit? #2



Do you know this staff member? The answer is on Page 12

## 2nd Quarter, 1982

### Civilian Performance Awards

The Commanding Officer is pleased to announce the following Civilian Performance Awards which were presented during the second quarter of the calendar year:

#### OUTSTANDING PERFORMANCE RATING (with Sustained Superior Performance)

Betty W. Mullen, H-11  
Gloria M. Carter, H-32  
Dianna F. Bates, H-36

#### QUALITY SALARY INCREASE

Patricia A. Johnson, H-24

#### SUSTAINED SUPERIOR PERFORMANCE

Patricia M. DeBow, H-14  
Muriel V. Lovejoy, H-36  
Patricia R. Horn, H-39  
Celeste M. Hackethal, H-39

#### OUTSTANDING PERFORMANCE RATING

William F. Holton, H-19

#### OUTSTANDING PERFORMANCE RATING (with Quality Salary Increase)

Barbara Jacques, H-17

## American Red Cross



Volunteer hours  
for  
May - 2,130

## Vital Signs' Staff

#### Editor:

HMCM(SS) R. C. Clements, USN

#### Managing Editor:

Mary V. Van den Heuvel

#### Nursing Service Subeditor:

LT S. W. Tudhope, NC, USN

#### Ramp Page Reporter/Photographer:

HMI Bogan McQuigg, USN

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publication and Printing Service Branch Office, Orlando, from appropriated funds.

Commanding Officer: CAPTAIN L. R. FOUT, MC, USN  
Editor: HMCM(SS) R. C. CLEMENTS, USN

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RAMP

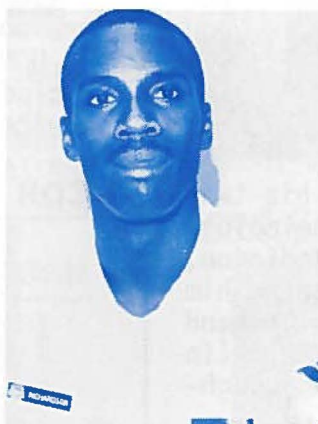
PAGE!

By HM1 Bogan McQuigg, USN

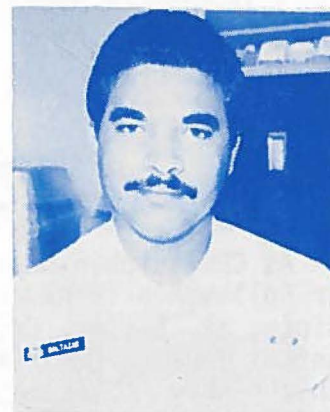
## Who has had the most influence on your Naval career?



LCDR R. Ruiz-Torres, MC, Acute Care:  
"Everyone with whom I have worked with and helped -- persons with different backgrounds and cultures."



HM2 D. Richardson, Security: "I'm totally self-motivated; however, there have been a number of persons who have influenced my career. ETC Barcomb, who was on my first ship, the USS McDonough (DDG-39), and HMC A. Washington, at this command. Both have been an inspiration to me in time of disaster!"



HM3 G. Baltazar, Dermatology Service:  
"My supervisor when I was with the 2nd Marine Division, 8th Marines, who was HMCS Austin. He was a super leader and one of the best I have met in the Navy. He knew how to treat his men and get them to do their very best."



HM2 Carol Cronkhite, Anesthesiology:  
"HM1 Shockey, when he was the Command Career Counselor. Through his influence and help, I received my 1½ year extension at this command."



LCDR Carole Chick, NC, Nursing Service:  
"In two critical times in my career, 2 nurses took the time and interest to give support, encouragement and positive reinforcement to me -- both as a nurse and as an individual. One, was my supervisor in San Diego when I was an Ensign, and the other was the Chief Nurse at NRMC, Great Lakes. I will always be grateful to both."



LT S. Pollard, NC, Educational Services:  
"I don't think there has been any one person who has influenced me more than another. From every person I've ever worked with, I've gained something from them, whether I've admired or disliked them."



## Staff Journal

### Navy Achievement Medals

... for CDR John E. Sutphin, MC, USN



As CDR Sutphin departed for his two-year Fellowship in Advanced Ophthalmology training at Baylor College of Medicine, Houston, Texas, CAPT Fout presented him with the Navy Achievement Medal. On hand for the ceremony were: son, Rhett (in CAPT Fout's arms, wife, Emily, and daughter, Amanda.

for  
LCDR Margaret E. Williams, MSC, USN



CAPT Fout presented LCDR Margaret E. Williams, MSC, USN, Chief of Physical Therapy Service, the Navy Achievement Medal on her departure for NRM, Okinawa. The medal was awarded for her unquestioned loyalty, compassion and dedication to her command, her patients, and the Navy Medical Department in the performance of each of her assigned duties.

### LCDR Gail Lopresto, NC, retires



On 14 June 1982, stepping smartly thru the sideboys, LCDR Gail R. Lopresto, NC, USN, Chief, Operating Room Service, concluded over twenty-one years of devoted service to the United States Navy.

### LCDR T. T. Thane departs



CAPT Fout presents LCDR T. T. Thane, MC, USNR, Chief of Radiology, a NRM plaque as he commenced his terminal leave on 8 June.

### It pays to be sharp!



HM3 Richard J. Holley, our Blue Jacket of the Quarter, accepts a \$25 check from Mrs. David Lefort, President, Oakleaf Auxiliary. Proud mom, Mrs. Holley, holds Certificate.



**Letters****for HM3 Louise Holton, USN**

CAPT Fout congratulates HM3 Holton, Pediatric Service, on her Letter of Commendation as she departs this command for duty at the Naval Hospital, Naval Home, Gulfport, Mississippi.

**for HM3 Christine Forsman, USN**

Another June presentation.....CAPT Fout congratulates HM3 Christine Forsman, Internal Medicine Service, on her Letter of Appreciation. HM3 Forsman is bound for Naval Regional Medical Clinic, Hawaii.

**June Inspection -****Noted for excellence**

CDR Susan Eastland, NC  
LTJG Lisa Cathey, MSC  
HM1 Larry Mullis  
HN Larry Presley  
HN Ronald Gregory  
HN Kevin Walker  
HA Jeffrey Saadat

**for LCDR L. Johnson, MC, USN**

CAPT Fout congratulates LCDR Larry Johnson, MC, USN, Family Practice Service, on his Letter of Appreciation presented to him on his departure for the Naval Regional Medical Center, Camp Pendleton, CA, on 11 June.

**Good Conduct Medals ... for****HM3 Kevin Fryback, Fiscal and Supply Service (CPD)****HM3 John Tweddle, Laboratory Service**



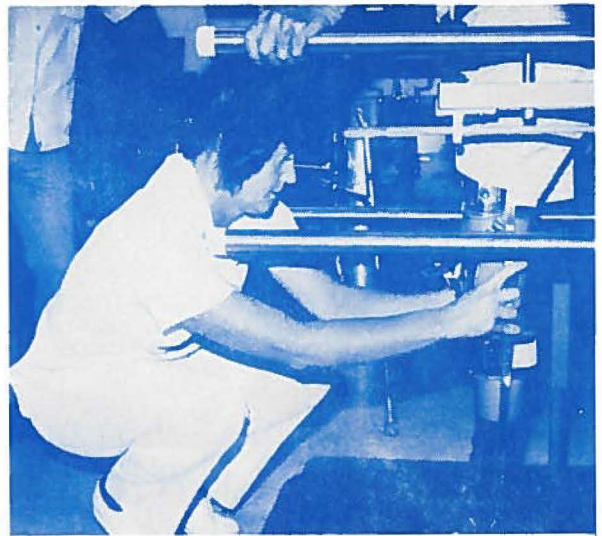
## Physical Therapy Service -- Super equipment

The Physical Therapy Service, on a routine day, is bustling with all kinds of activity. You will see patients working hard, using all kinds of deluxe, modern equipment, striving to improve their mobility. Some are working with the Physical Therapist, some are working with the Physical Therapy Technicians, and some have progressed to the point where they can work independently.

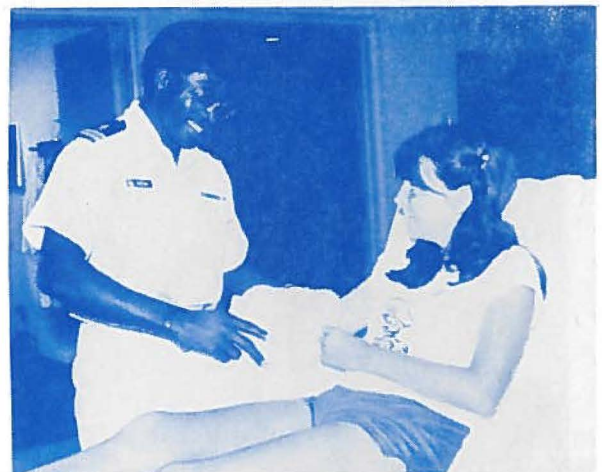
LCDR Margaret E. Williams, MSC, has served as Chief of the Service, but by the time Vital Signs is published, LCDR Williams will be detached and on her way to NRMIC, Okinawa. LT Harvey L. Simpkins, MSC, will be the new Chief of Service.

In addition to the routine therapy duties, the members of this staff are involved with pain control units for cancer patients, occupational therapy for psychiatric patients, training of patients in home rehabilitation programs, and doing the physical fitness testing of staff members.

This Service, under the leadership of LCDR Williams, can be justifiably proud of their dedicated and empathic patient care -- they have achieved the enviable goal of not having received any patient complaints!



**LCDR Williams**



**LT Simpkins with patient Lois Westberry**



**HM2 Veronica Kazmierczak**



**HM2 Nathan Neal with patient MM2 William Padgen**



**-- Super staff**

**HM2 Joseph Emmons with patient  
Tim Melnick**



**HM3 Ron Pumphrey with patient  
Michael Dear**



**HM2 Roland Galland**

**Our trophy winners**

CAPT Fout gathered all the trophy winners together for this shot. Left to right (front row): CAPT Fout, HM3 Ron Pumphrey, Physical Therapy Service, Champion in Commander's Cup, Individual Sports, Doubles - Horseshoes; LCDR Jean Truhe, NC, Emergency Room, Commander's Cup, Bowling League, High Game, Scratch - 214; LCDR Johanna Christensen, NC, Nursing Service, Commander's Cup Bowling League, High Game, Handicap - 257; South Atlantic Division IV, Women's Single Championship and Women's Doubles Championship; HM2 Joseph Emmons, Physical Therapy Service, Commander's Cup, Individual Sports, Doubles - Horseshoes.

(Back row) LT Albert Smith, MSC, NRMC Annex, Commander's Cup, Individual Sports, Ping Pong, Doubles, Runner - up; LCDR Gary Dumais, MSC, Food Management Service, Commander's Cup, Individual Sports, Ping Pong, Doubles, Runner - up; and LCDR Joseph Decicco, MSC, Medical Records, Nuclear Power School, Commander's Cup Bowling League, High Series - Handicap - 711.

**BRAVO****ZULU**

The Commanding Officer has received patient "LOA's" for the following staff members for their devoted, compassionate, high quality health care:

LT G. Flynn, MC, Emergency Room  
 HM3 K. Kroncke, ENT  
 Ms Dorothy Smith, Environmental Health  
 CW03 R. Enderez, PA, Acute Care Clinic  
 CAPT R. Gold, MC, Surgical Service  
 Ms Janet Cuccia, Radiology  
 LCDR R. Warcholak, MSC, Podiatry  
 CDR M. Golembieski, MC, Internal Medicine  
 CAPT W. J. Schefstad, MC, DCS  
 CDR A. Ascione, MC, OB-GYN  
 LCDR J. Wilker, MC, Family Practice  
 CAPT R. Daniels, MC, Surgical Service  
 LT F. O. Lane, NC, Operating Room  
 CDR L. Scheve, NC, Anesthesiology  
 Surgical Service  
 Operating Room Staff  
 ICU Staff  
 Fourth Floor Nursing Staff  
 Third Floor Nursing Staff





## LAB LINE

CAPT P. E. Petit, MC, USN

### That IS an ET3 in the Lab!

The NRMCLaboratory Service has been very actively involved in conducting the administrative urine drug screening program for all component and tenant commands at Navy Orlando. The command was provided with two portable urine drug screening instruments and began testing for marijuana in March of this year. The testing is time consuming and the reagents expensive. Recently, the command was provided with manpower from the Naval Administrative Command. While waiting for his Nuclear Power School class to start, ET3 Richard Brabec has been assigned to the Laboratory Service on a temporary basis. With Petty Officer Brabec's assignment, the Laboratory Service has been able to return one of the regular lab technicians to other clinical testing duties.

The assignment of Petty Officer Brabec to the Laboratory has resulted in an extra bonus for us. ET3 Brabec has his degree in microbiology! Now, when he is not involved in testing urine for POT, we have him chasing bacteria in our microbiology laboratory. He is doing a super job and we are going to hate to see his school begin. In the meantime, we are getting the most of his talents and experience, and getting the needed assistance with the drug screening program.



ET3 Brabec is from Ventura, California, and has been on active duty for about 16 months.



**ET3 Richard Brabec, USN**



## NURSING SERVICE



LT S. W. Tudhope, NC, USN

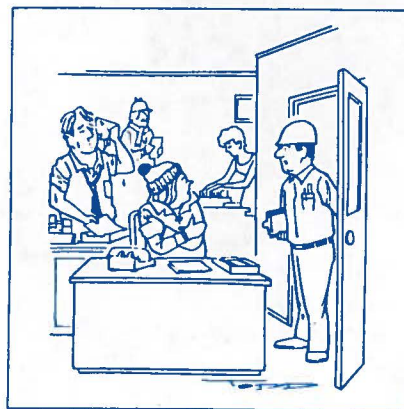
### JULY 4TH

July 4th is celebrated as our national birthday by millions across our country every year. Typically, it is a day set aside for family gatherings, barbecues, parades and pool parties. Streets are painted red, white and blue and the colors are hoisted over our homes and buildings nationwide.

Sometimes, I can't help but wonder how many of us actually stop to recognize the significance of the day which we so routinely carry out the old traditions. Recognizing and keeping alive that spirit which helped establish this day more than two hundred years ago, should also be a very important part of our celebrating.

Also called "Independence Day," this day commemorates the spirit and foresight our forefathers had in declaring their independence from the British crown. The pride and patriotism possessed by them has been passed down through the years to us. Let us not let that spirit and pride become dormant in us -- let it flourish and become strong so that we may keep the true meaning of Independence Day alive for generations to come.

### This Is SOP ... ask George!



"Is this the section that reported a heating and cooling problem?"



## CHAPLAIN'S

## COMMENTS

By LT J. L. Doss, CHC, USNR

Ever been "up a tree" or "out on a limb?"

We were picking cherries in my aunt's fruit orchards in North Ogden, Utah. My older sister, in her teens, had climbed the tree and crawled out on a limb. When she started to climb down, she saw how high she was, got scared, and refused to move. Expressed in a cliché, she was "up a tree," or "out on a limb."

The Bible has a story of a man in a similar position. Zachaeus was in a crowd trying to see Jesus. Zach was short, so he could not see over the crowd. Now normally, a crowd will let short people up front, but this crowd did not. You see, Zachaeus was a tax collector and they were no more popular then, than they are now. But that did not stop Zach. He ran ahead of the parade and climbed a tree. What an embarrassing position! A grown man up in a tree. I can just hear the crowd heckling him. "Hey, look at Old Zachaeus. We've got him up a tree." In any case, Zach did not stay up there very long. When Jesus came by, he called him down and invited himself home for lunch. It was a major turning point for Zachaeus. That experience changed his life.

From time to time we find ourselves "up a tree" or "out on a limb," figuratively speaking. It is not fun. Sometimes we cause our own problems. Sometimes we get ourselves in strange situations for some possible good. We start out fine, but then find ourselves where we would rather not be. At other times, we find ourselves in difficulties because of circumstances beyond our control. To stretch the analogy or word picture, we get scared up a tree by some "bear." That "bear" may be illness, an accident, an unexpected event. It makes no difference how we got up a tree, when we are stuck up there, looking down. In my sister's case, my Dad got a ladder and coaxed her down, Jesus helped Zachaeus get down and get his life sorted out. To whom do you turn for help? Certainly, we can turn to

## CAREER COUNSELOR'S

## CORNER

HMC Rex M. Reeder, USN

Selective Reenlistment Bonus ...  
for HM's?

Do you know what you, as a Hospital Corpsman, can do to get a reenlistment bonus?

You can go to a Class "C" School and obtain one of the following NEC's:

- HM-8402 - Nuclear Submarine Medicine Technician
- 8406 - Aerospace Medicine Technician
- 8432 - Preventive Medicine Technician
- 8452 - Advanced X-ray Technician
- 8492 - Special Operations Technician
- 8493 - Medical Deep Sea Diving Technician
- 8506 - Advanced Laboratory Technician

Check it out!

God for help. God's circuits are always open.

A little girl was crying in her room one night, afraid of the dark. Her mother came in to comfort her assuring her that she need not be afraid. "God is here with you." The little girl replied, "Yes, I know God is here, but sometimes I need someone with skin on his cheek."

I have been thankful for friends who have helped me get my life together. They are God's agents for me. They incarnated God. God gives us people with "skin on their cheek." All around us are people who can help, and all around us are people in need. It is not just the patients here who need help. I have gone to be of help to a patient only to find them helping me. All of us could use help at one time or another. I pray that we might all be alert to those around us who might be "up a tree." We can be God's ladder of help.

Guest columnist: CDR W. C. Cline, CHC, USNR-R



## June Frockees

### From LT to LCDR



LCDR S. L. Pollard, NC, USN  
Educational Services



LCDR R.J. Russ, NC, USN  
Nursing Service



LCDR J. S. Musher, MC, USN  
Psychiatry Service

### From HM2 to HM1



CAPT Fout with the new E-6's. Starting at the left is HM1 Gary Stetler, HM1 John Meehan, HM1 Wendell Bell, and HM1 Mickie Grubbs.

### From HM3 to HM2



The new E-5's with CAPT Fout are: Left to right, (front row) HM2 Laurell Smith, HM2 Kathy Michael, HM2 James Gault, and HM2 Carol Cronkhite. (Back row) HM2 Martin White, HM2 Don Tomlinson, and HM2 Lee Matthews.

### From HN to HM3



New E-4's. Left to right (front row) HM3 D. Holzs Schuh, HM3 L. Holton, HM3 J. Carlson, HM3 J. Acosta, HM3 M. Bevins, HM3 C. Forsman, and HM3 R. Carleton. (Back row) CAPT Fout, HM3 R. Holley, HM3 Champagnie-Davis, HM3 C. Buchanan, and HM3 N. Campbell.



CAPT Fout with more E-4's. Starting at the left (front row) HM3 N. Tabbott, HM3 F. Vannoske, HM3 L. Stansbury, HM3 T. Swanson, HM3 J. Long, HM3 T. Kibbey, and HM3 J. Larocque. (Back row) HM3 J. Weaver, HM3 Z. Wood, HM3 K. Roark, HM3 M. Saiffer, HM3 M. Quinsay, and HM3 M. Macomber.





## Master Shipwreck

HMCN(SS) R. C. Clements, USN

### Continuing with Hosp Corps history

"Both from old Navy Regulations and from authentic accounts of shipboard life (in the early 1800's), the loblolly boy was, before battle, to provide the cockpit with water, containers for amputated limbs, braziers of charcoal for heating the irons to sear the stumps caused by amputations, and for heating tar with which to stop hemorrhage. He was also to provide buckets of sand to catch the blood from amputations and wounds, and to pour over the blood on the decks so that the surgeon might not slip while working. Gruesome and crude? Yes. But the methods in use today may sound the same way to persons nearly 300 years from now. It must be remembered that the customary treatment for compound fractures of limbs at that time was usually amputation.

The Bureau of Medicine and Surgery was established in 1842. An extract from a letter in this Bureau dated 5 May 1843 read as follows: 'A circular is now under consideration to allow a surgeon's steward to all hospitals and vessels, without necessity to sign articles, but to be appointed.' So far as can be determined, the surgeon's steward superseded the loblolly boy.

In 1863, an order of the Navy Department allowed male nurses on receiving ships in number proportionate to the necessities of the case. About the year 1873, the title of male nurse was changed to bayman. Baymen were given a course of instruction on board the receiving ship or at a naval hospital. This is believed to be the forerunner of the present Hospital Corps schools.

The Hospital Corps came into existence as an organized unit of the Medical Department in June 1898. It was reorganized in 1916. During World War I, the reputation of the Hospital Corps for performance of duty, especially in the field with the Marine Corps, was greatly enhanced. Many were cited for valor and performance of duty under fire.

### Command Master Chief Feature

## Meet another of our Enlisted Advisors



**HM1 Frank D. Adgate, USN**

HM1 Frank D. Adgate, USN, Laboratory Service, serves as an Enlisted Advisor to 11 junior personnel. Petty Officer Adgate reported to NRMC in September 1980 and has over 14 years of Naval Service.

The following personnel are assigned to HM1 Adgate: HN Kimberly Halladay, HN John Hanna, DT3 Diane Hardin, HN Russell Hart, HN Maureen Helms, HM2 Robert Herbert, HM3 Bryan Hester, HA Thomas C. Williams, HA Michael Cebrat, HN Iwona Wojcik, and HN Billy White.

From the period of World War I to World War II, the Corps became one of the most outstanding corps of the military services. During World War II, the first women were brought into the Hospital Corps. In 1948, the nomenclature of the ratings was changed to what it is today, and at the same time the rating insignia was changed from the Red Cross to the caduceus. In this era, the dental technician rating was established."

I hope you have enjoyed reading the history of our Corps and I hope it has instilled in each one of you, a feeling of pride and the firm conviction that whenever medical service is required, we will be there -- not only willing but prepared to serve our country and our fellow man above and beyond the call of duty!





## CAPT Fout's Skipper - gram

### We are a team

Every Fourth of July, we celebrate our national independence. There are times when the ability to be independent is great; but, then too, there are times when a person trying to be independent and acting alone, can have a negative impact on the group. When I start thinking about groups and people working together, my thoughts automatically are channelled into the health care field and especially towards our own medical center. Our work environment is certainly one of those where team work is considered an absolute necessity.

This is one of the nicest aspects of a hospital -- we are all working together, interfacing with numerous medical and support services, with one goal in mind -- to treat our patients and make them well. Team work is evident in every clinic and on every ward. What a tremendous feeling of satisfaction one gains from working with others and knowing that your "group strength" has accomplished a desired goal. I think we also experience a very strong "sense of belonging" -- not just because we are in the medical field, but because we are in the medical field in the Navy!

As you approach each work day, start thinking in terms of "we" instead of "I." As you accomplish your assigned tasks, look around, see if someone on your "team" could use an extra hand. Look for increased responsibility, use your extra time to increase your medical knowledge. In every way that you improve yourself, you are improving your "team" -- especially when you share your learning experiences.

So, no matter who you are, or where you work, you are a member of the team -- in your service, this medical center, the Navy Medical Department, and the Navy!



CRA

NOTES

By Joyce Sienia



CRA BIRTHDAY GREETINGS TO: William Greene on 1 Jul; James Matthews on 2 Jul; William Holton and Wesley Sorenson on 3 Jul; Glen Knowles on 4 Jul; Charles Fowler on 13 Jul; Hazel Jewell on 14 Jul; Betty Lyerly and Lois Wilkerson on 15 Jul; Carmen Olmeda on 16 Jul; Shirley Stanton on 17 Jul; Delores Nader and John White on 18 Jul; John Hardenman on 19 Jul; Francis Reilly on 24 Jul; Marcia Clark, Marie Lamothe, and Homer Mills on 26 Jul; Esmenia Melett on 30 Jul; James Lohman, Corinne Partin and Judith Taylor on 31 Jul.

### Sailor of the Quarter honored



Our Sailor of the Quarter, HM2 Lynne Barber, Patient Affairs, receives her certificate from Captain Fout. She also received a \$25 check from the Oakleaf Auxiliary presented by Mrs. David Lefort.

### Whooozzit #1

We know ..... but, we are not telling!

### Whooozzit #2

It's LCDR Carole L. Chick, NC, Nursing Service. LCDR Chick reported to this command in March 1979 from NRMCC, Great Lakes. LCDR Chick has a total of 12½ years Naval service and is now under orders to be detached in July. Her new assignment is Duty Under Instruction at the University of Central Florida. LCDR



Chick hails from Springfield, Ohio.